








Training To Make Aromatherapy Candles Using The Active Ingredients Of Coffee, Lemongrass And Lime In Tapak Gedung Village

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Abstract

The purpose of this community service project is to transfer information and skills about the art of producing aromatherapy candles using natural ingredients like coffee, lemongrass, and lime to the residents of Tapak Gedung Village, Tebat Karai District, Kepahiang Regency. The technique used for community service projects in Tapak Gedung Village, Tebat Karai District, Kepahiang Regency, including teaching people how to make aromatherapy candles out of lime and coffee beans. The residents of Tapak Gedung Village, Tebat Karai District, Kepahiang Regency, have learned how to make aromatherapy candles from natural materials nearby, and this could lead to the residents of Tapak Gedung Village becoming financially independent. This is based on the outcomes of community service activities involving training in the production of aromatherapy candles from coffee beans and lime.

A. Introduction

Nowadays, candles are not only used as lighting at night. Candles can be used as room fragrances to create a calming atmosphere. Scented candles are candles that contain aromatic ingredients which have many uses and can be used to refresh, relax, treat headaches, relieve stress, anxiety, improve mood and overcome insomnia (Arumsari et al., 2023). Scented candles are a type of inhaled aromatherapy, an aromatherapy application that uses candles as a tool. The aroma of candles is produced from essential oils which are classified as fragrances which can provide calming and relaxing therapeutic effects (Soegiantoro et al., 2023).

Various Forms of aromatherapy have emerged over time, such as essential oils, candles, and massage oils. In its form, aromatherapy can be used as a room freshener, oil fragrance during massage and even as a body fragrance after bathing. Currently there are many types of therapeutic fragrances, the most famous examples are lavender, lemon, ginger, orange and geranium (Sharmeen et al., 2021). Each of these aromas has different benefits, for example the scent of lavender can reduce difficulty sleeping.

Using essential oils derived from plants, aromatherapy is a form of alternative therapy that aims to enhance both mental and physical well-being. Many types of medicinal plants, flowers, herbs, roots, fruits, and other plants that grow all over the world can be used to make essential oils (Koyama & Heinbockel, 2022). Aromatherapy is also a therapy based on the systematic use of distilled (concentrated) plant essential oils. Flowers, root residues, herbs, fruits, resin or bark and other aromatic compounds Vegetable materials to maintain and improve physical, physiological and mental health (Thangaleela et al., 2022). The way aromatherapy works is that when an aroma is transmitted through olfactory receptors, it will form a neurological message which will be sent to the brain via the limbic system and produce neurotransmitters such as endorphins, the benefits of these endorphins will reduce pain and create feelings of comfort (Tsai et al., 2020).

The benefits felt from using aromatherapy apart from providing a feeling of calm and can relieve flu symptoms, nausea, dizziness and acne. Essential oils here can help reduce disease symptoms so that they

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do not get worse and can reduce the use of pharmacological drugs (Tang et al., 2021).

The diverse biological richness in Indonesia means that there are many sources of essential oils that can be obtained. Eighty different kinds of essential oils are marketed worldwide, and Indonesia produces between forty and fifty different kinds of plants that yield essential oils, such as lemongrass, patchouli, jasmine, aloe vera, ylang-ylang, cloves, vetiver, and sandalwood (Fatimah & Putri, 2022; Muin et al., 2023). Among the sources of essential oils, people can easily find them, such as lime and coffee.

According to this description, the purpose of this community service project is to teach the people of Tapak Gedung Village how to make aromatherapy candles out of coffee beans and lime. It is hoped that this activity will become a business opportunity for the people of Tapak Gedung Village in particular.

B. Research Methods

Outreach and training on natural pesticide production were the methods used to carry out community service activities involving instruction in the production of aromatherapy candles for the residents of Tapak Gedung Village, Tebat Karai District, Kepahiang Regency. The socialization stage was carried out with a presentation using flyer media to the public about aromatherapy candles, their benefits and the process of making them. The training stage for making aromatherapy candles is carried out by demonstrating directly the materials, methods and processes for making aromatherapy candles.

The tools and materials needed first include a stove, pan, tablespoon, candle, coffee and lime. The process of making aromatherapy candles can be seen in Figure 1.

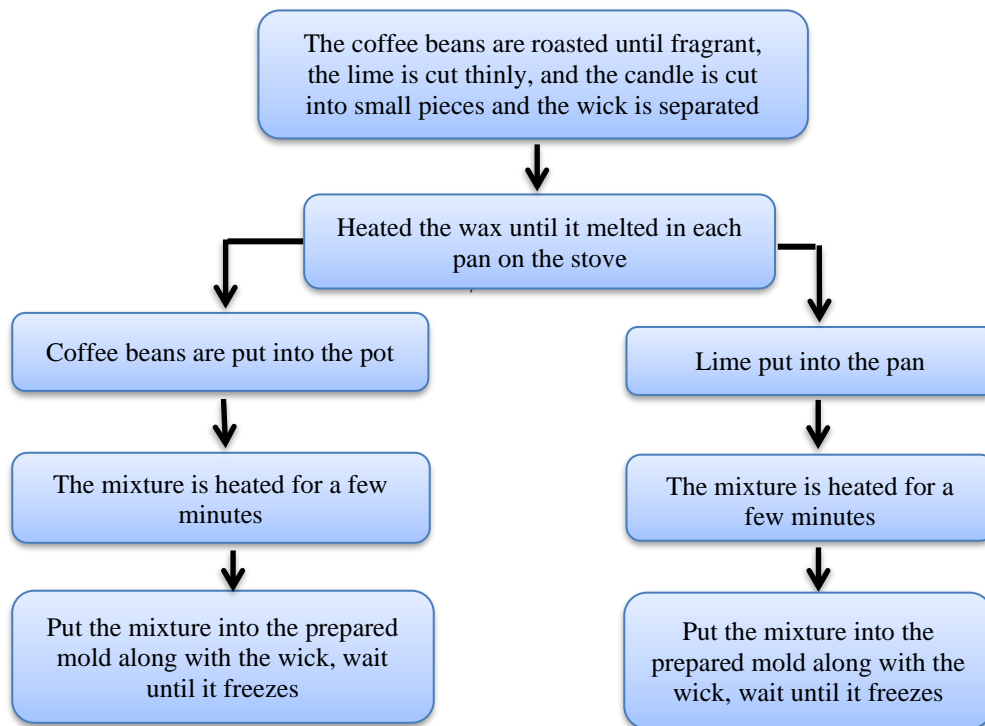


Figure 1. Flow Chart for Making Aromatherapy Candles

C. Result and Discussion

The training activity for making aromatherapy candles aims to empower the people of Tapak Gedung Village, especially the youth in the village. The service activity began with the delivery of material about the stages of making aromatherapy candles using ingredients found around the village such as coffee beans and lime. This training activity is useful for increasing the community's abilities and skills in utilizing natural materials so that they can become side income for young people. The steps that must be taken in making aromatherapy candles are: (1) reduce the size of ordinary white candles into small pieces to make the melting process easier; (2) Put the wax pieces into a pot to boil; (3) Wait until the wax melts while stirring; (4) After melting, add 2 tablespoons of coffee beans to the first pot and add lime which has been cut into small pieces to the second pot and continue to stir until dissolved; (5) After dissolving, pour into a

container; (6) Leave it until the wax hardens and the aromatherapy candle is ready for use (Wulandari et al., 2021). At the stage of delivering the material, it was seen that the people who took part in the training activities were very enthusiastic. Documentation of the delivery of material regarding making aromatherapy candles and their benefits can be seen in Figure 2.



Figure 2. Delivery of material about making aromatherapy candles and their benefits by the service team

The next stage, namely a demonstration, is carried out by asking residents to come forward to make it easier to understand how to make aromatherapy candles from coffee beans and lime. The autonomic nerve system of humans will be stimulated by the fragrant components in lime and coffee beans. This system regulates the respiratory system's involuntary actions (Barrea et al., 2023). Olfactory neuron cells will receive the aroma from the aromatherapy candle when inhaled. To identify the aroma, the message about the aroma will first travel to the brain and subsequently to the thalamus (Calvi et al., 2020).

The limbic system and hypothalamus will receive the scent and process it as electrical impulses (Campos et al., 2022). The limbic system is made up of two regions: the hippocampus, which is responsible for memory and recognition of scents, and the amygdala, which controls emotions and elevates alpha waves in the brain, which in turn can cause the release of endorphins and serotonin. This setting is relaxing and the pleasant smell will stimulate the thalamus to release enkephalin which has a calming effect on the brain (Basuki et al., 2023). Documentation of the demonstration of making aromatherapy candles can be seen in Figure 3.



Figure 3. Demonstration of making aromatherapy candles from coffee beans and lime

Training on making aromatherapy candles from coffee beans and lime can increase people's creativity, where people can use used items as containers and can use aromatherapy candles for a long time because the candles can continue to be used without running out (Ridwan et al., 2023). The aromatherapy candles obtained can be seen in Figure 4.



Figure 4. The results of aromatherapy candles obtained were (left) aromatherapy candles with coffee beans and (right) aromatherapy candles with lime

D. Conclusion

Based on the results of community service activities that have been carried out, it can be concluded that the people in Tapak Gedung Village, Tebat Karai District, Kepahiang Regency already know the benefits and how to make aromatherapy candles from natural ingredients such as coffee beans and lime. Through this activity, it is hoped that it can create new business opportunities for the people of Tapak Gedung Village.

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